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Food and Home Notes

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If you're buying ahead for your winter-freezer meals—consider buying a hindquarter of beef if you're looking for the more tender steaks and roasts, advise marketing specialists at the U.S. Department of Agriculture. The fore-quarter contains the rib roast but the rest of it is the less tender cuts suited best for grinding and/or stewing.

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Most cuts of USDA Prime or Choice lamb are tender and can be oven-roasted or broiled. Lamb is produced from animals less than a year old.

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Do you have milk delivered to your home? Make arrangements to keep it from standing in a warm place or being exposed to sunlight. Exposure to sun impairs both flavor and riboflavin content of milk.

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Remember—cooked foods must be refrigerated at 45°F or lower in clean, covered containers. Use these foods within 2 to 3 days, preferably within 24 hours, according to USDA.

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Avoid refrigerating cooked foods a second time after they have been removed from refrigeration and reheating for serving.

NATIONAL SCHOOL LUNCH PROGRAM

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SILVER ANNIVERSARY

"Feed the children" still the basic philosophy behind the National School Lunch Program which is in its 25th year of operation. Since 1946 when Congress passed the National School Lunch Act—the program has been extended to benefit new areas of child nutrition including breakfast programs.

At least 24.5 million youngsters are now participating in the school lunch program. In the breakfast program USDA is now reaching about 900,000 children.

The Type A lunch provides from one third to one half of the student's daily needs. What is Type A? If you're not with the school-lunch-bunch you may not know. But a guideline would be—one half pint of fluid whole milk, two ounces of lean meat, poultry, or fish (or two ounces cheese, one egg, or one-half cup of cooked dry beans or peas); or four tablespoons of peanut butter; or equivalent combination; a 3/4ths cup of two or more vegetables or fruits or both. One slice of whole grain or enriched bread; one teaspoon of butter or fortified margarine.

A FLOWER FOR ALL SEASONS

The lowly sunflower? Could be. The sunflower—like all else—means different things to different people. The sunflower means seed for winter feeding for bird lovers. To midwesterners, the sunflower is a roadside flower that turns its head to meet the rising sun. To Russians, it's the crop that produces over two billion tons of oil a year.

An Agricultural Research Service agronomist, working in cooperation with the Texas Agricultural Experiment Station, College Station, Texas, has found a way to breed hybrid sunflowers of consistent high quality the same as hybrid corn is bred. It may now be possible to have a yield of 30 percent more than the old inbred varieties of maturity and height.

Thus, the sunflower could become an important cash crop in the South because control of the sunflower head moth is now possible. It's a hardy plant that can adapt to extremes of climate more than corn or soybeans.

Sunflowers could become a crop of considerable importance as a replacement for flax. The market for flaxseed (linseed oil) has dropped considerably. However, sunflower oil which is both edible and industrial, now has a far greater potential in American agriculture, than ever before.

SWEETPOTATOES ARE——

...good sources of energy-supplying sugars and other carbohydrates; of calcium, iron, and other minerals; and of vitamins, particularly of Vitamin A in the popular high-carotene, orange-flesh varieties and of Vitamin C, according to U.S. Department of Agriculture researchers.

The term "yam" is commonly used by the trade for sweetpotatoes of the moist-flesh type but strictly speaking this terminology is incorrect since a true edible yam is an entirely different plant from the sweetpotato. The true yam is grown in the Continental United States on only a limited scale in Florida.



GETTING READY FOR FALL?

Look ahead gardeners! This is a good time to start your leaf compost pile. Organic matter, the vital material of which most gardeners rarely have enough, will help your small gardens and flower beds. You need leaf compost that is partially decomposed so you must plan ahead.

Where do you put all those falling leaves? Where do you start? Just make an open brickwork bin, or use wire fence or boards attached to solid posts. You should make a compost rick about three to five feet wide and as long as you like—plan for it to be from three to eight feet high. Autumn leaves should be put down in layers six to twelve inches thick. You can even use vegetative matter normally thrown in the garbage—if your pile isn't too close to the house. Add some nitrogen and phosphorous—and a half inch layer of soil. Then repeat the same process. Nitrogen is needed to keep the bacterial action—or decomposition—going into the pile. The material needs to be moist—but not soggy. Remember, decomposition without air leads to loss of nitrogen.

Be sure to turn the pile for best results. If you keep the pile reasonably moist with the garden soil on top, as well as between the layers, you won't have any problems keeping the odors away.

HOMEMAKERS' OPINIONS—

Oranges top the list of all citrus fruits in popularity in U.S. households according to a nationwide consumer survey conducted by the U.S. Department of Agriculture. Nine out of ten homemakers reported using fresh oranges and orange juices in the preceding year of the interviews. Seven out of ten, approximately, had used fresh grapefruit and lemons in the same period.

Most homemakers who purchased the synthetic orange drinks planned to buy them regularly because of convenience, ease of storage and cost.

Homemakers interviewed in the survey indicated that they thought that oranges were the best of the citrus fruits for your health, taste and family appeal. Grapefruits were associated with comments that grapefruits were "good for health," "good for weight watchers," "low in calories," and "high in vitamin C." Most respondents considered lemons as being mainly for flavoring.

PLENTIFUL FOODS FOR OCTOBER

Falling leaves and sharp appetites join together when fall beckons. From fresh apples, which will be the feature food of the month, to apple juice—a good after school drink—the October Plentiful Foods List of the U.S. Department of Agriculture will include canned applesauce, fresh pears, canned pears, potatoes, pork and eggs.

The nation's apple crop is forecast at 147.1 million cartons and production will be heavy in the Eastern and Central States.

COMMENTS & INQUIRIES TO:

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